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# OUR SERVICES



Youth Boost UK design, develop and deliver comprehensive psycho-educational programmes, training courses and workshops that strategically apply theoretical and evidence-based approaches in order to develop life-long skills in managing mental health and wellbeing in young people.

We offer a range of services from pre-designed, tried and tested, effective programmes that are ready to be delivered to bespoke workshops designed specifically to meet your requirements.

Youth Boost UK was set up with the aim to empower young people to develop life-long skills in managing their own mental health and well-being.

From our varied experience of providing therapeutic intervention in a number of education settings, it became more and more apparent that young people are not being educated in how to develop the necessary skills to support themselves through testing life events.

Young people are becoming more aware and knowledgeable of mental health, and many can identify signs of mental ill health in others. However, what is lacking is valuable embedded skills within the individuals themselves that they can draw upon in challenging times to support their own mental health and well-being.

Youth Boost UK hope to develop necessary skills young people can draw upon to help them navigate life's challenges.

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## BWell Programme

Our **BWell Programme** is a 6 week psycho-educational course consisting of 2 hour modules per week based on a combination of theory and evidence-based approaches to promote positive mental health and wellbeing. We cover a wide range of topics that provide a solid foundation to enable individuals to thrive in all areas of their lives.

Our programme aims to:

- Develop a culture of positive mental health and wellbeing
- Increase awareness and reduce stigma of mental health and well-being
- Up-skill and empower young people to manage their own mental health and wellbeing
- Prevent mental health and well-being issues through early psycho-educational intervention.

**Week 4** – *Managing Change and Transitions*

**Week 5** – *Gratitude and Mindfulness*

**Week 6** – *Embedding skills, re-cap and resources*

Title: BWell Programme

Duration: 6 weeks

Delegates: 20 (15 remote delivery)

Cost: £3,290.00\*

**Module 1** – *Introduction to mental health and wellbeing.*

**Module 2** – *Understanding Emotions*

**Module 3** – *Building self-esteem and confidence*

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## Peer Mentor Training

Our innovative Peer Mentoring Programme establishes an essential skill set in attendees in order for them to work effectively as mentors to their peers. They will be able to identify what the role of a peer mentor is, how to look after themselves as a mentor, how to appropriately signpost a mentee and how to build effective relationships using support role skills.

Our programme aims to:

- Develop confident, knowledgeable mentors
- Develop an understanding of the importance of self-care
- Raise awareness of the signs and symptoms of mental ill health
- Develop confidence in appropriate signposting
- Gain skills and knowledge in building relationships

The programme consists of a number of modules;

**Module 1** - *Becoming a mentor*

**Module 2** - *Signposting and confidentiality*

**Module 3** - *Self-care for the supporter*

**Module 4** - *Support Role Skills*

**Module 5** - *Skills, Case Studies and Practice*

### Including Staff Training:

*Facilitating a peer mentoring programme*

Title: Peer Mentor Training

Duration: 5 days

Delegates: 25 (15 remote delivery)

Cost: £3,290.00\*

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## Support Role Training

Our comprehensive Support Role Training Programme provides a foundation in key areas needed to be able to work effectively in a supportive role.

Suitable for those who are Peer Volunteers, Mentors etc.

Our programme aims to:

- Increase awareness of setting and maintaining boundaries
- Develop an understanding of the importance of self-care
- Raise awareness of the signs and symptoms of mental ill health
- Develop confidence in appropriate signposting
- Gain skills and knowledge in effective communication

Over the programme we embed skills and strategies based on a number of modules;

**Module 1** - Setting and maintaining professional boundaries

**Module 2** - Self-care for the supporter

**Module 3** - Recognising Mental Ill Health and appropriate signposting

**Module 4** - Effective Communication

Title: Support Role Training

Duration: Half day (4 hours)

Delegates: 20 (15 remote delivery)

Cost: £1,300.00\*

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## Workshops

We offer a number of standalone 90 minute workshops on various topics:

Topics we currently cover are:

- Introduction to Mental Health & Wellbeing
- Understanding & Managing Emotions
- Building Self-Esteem & Confidence
- Managing Change & Transitions
- Gratitude & Mindfulness
- Setting & Maintaining Boundaries
- Effective Self-care
- Effective Communication
- Managing Stress & Anxiety
- Managing Depression & Low Mood

Title: Various Workshops

Duration: 90 minute

Delegates: 20 (15 remote delivery)

Cost: £550.00\*

If your service requires a certain topic we have not listed, please get in touch to discuss if this is something we are able to design.

We want to work flexibly with our clients. We therefore also offer a Half Day Training programme where you are able to choose three topics that best meet your needs as a service.

Topics are chosen from our 90 minute workshops.

Title: Half Day Programme

Duration: Half day (4 hours)

Delegates: 20 (15 remote delivery)

Cost: £1,350.00\*

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## **Presentations**

If you are looking for shorter 'presentation' style sessions our 45-60 minute Remote Delivery Presentations may be suitable.

Topics we currently cover are:

- Introduction to Mental Health & Wellbeing
- Understanding & Managing Emotions
- Self-Esteem & Confidence
- Change & Transitions
- Gratitude & Mindfulness
- Setting & Maintaining Boundaries
- Effective Self-care
- Effective Communication
- Managing Stress & Anxiety
- Managing Depression & Low Mood
- 5 ways to Well-being
- Online Safety
- Consent and Healthy Relationships

Title: Various Workshops

Duration: 45-60 minute

Delegates: 30

Cost: £330.00\*

If you have a topic in mind for your organisation that we have no listed, please get in touch to discuss your needs as we are able to design bespoke presentations where appropriate.

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## Staff Training

We are also able to deliver a number of training opportunities for staff.

Topics we are able to cover for staff training:

- Mental Health Awareness
- Supporting a young person in crisis
- Boost Your Well-being
- Boost Your Resilience
- Stress Reduction
- Managing Anxiety
- Managing Low Mood and Depression

Again, if there are certain topics you feel your staff would benefit from that we have not listed, please don't hesitate to get in touch.

We are happy to design bespoke training, within our professional expertise, to meet the needs of your organisation.

Title: Various Workshops

Duration: 90 minute

Delegates: 20 (15 remote delivery)

Cost: £550.00\*

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## Contact Information

We want to work flexibly to ensure your needs and expectations are met. We are therefore able to develop packages for multiple bookings that offer even more value for money.

If you are wanting to arrange a range of presentations, half day training and BWell Programme bookings we are happy to discuss this further. Please let us know your requirements and we are happy to provide a quote for this.

We hope our range of services meet your needs as a organisation and we hope to work with you soon.

Please do not hesitate to get in contact if you have further questions or would like to discuss bespoke programmes.

Email:

[Youthboostuk@gmail.com](mailto:Youthboostuk@gmail.com)

Website:

[www.youthboostuk.com](http://www.youthboostuk.com)

\*Costings are subject to an annual review and may change

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